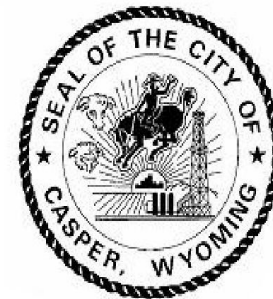




City of Casper

Employee Handbook on Corporate Discounts



2012

- Health Club Corporate Rates
- Massage Therapy Corporate Rates
- Nutrition Consultation Corporate Rates

City of Casper
Human Resources Department
(307) 235-7514

This booklet provides detailed information on the corporate rates for health clubs and massage therapy services.

Special thank you to all who provide corporate rates!

*Interested in having your business listed?
Want to update your organization's information?*

Contact Mary Facciani, MS at
mfacciani@cityofcasperwy.com
or call her at 307-235-7514.



Nutrition With Sheila

Sheila Amir, Nutritionist
(307) 277-6891
NutritionWithSheila@gmail.com
www.NutritionWithSheila.com
www.Facebook.com/SheilaAmirNutrition

Nutrition Counseling Service by a experienced nutrition specialist. If you are interested in improving your overall nutrition and lifestyle, nutrition counseling services with Sheila is for you. Learn how to create a healthy relationship between food and exercise specifically for you. Sheila does not support fad diets, diet pills/herbs/injections/supplements or unhealthy weight loss or gain.

The corporate rate offered includes 25% off (call *or* look online for pricing schedule).

- Overview of nutritional findings.
- Detailed nutrition evaluation by top of the line nutrition software.
- Realistic goals that are concurrent with the client’s goals.
- Nutrition information applicable to the client’s current needs.
- Dietary, lifestyle, and supplementation recommendations.
- Focus Nutrients Foods List – Great tool that shows clients a variety of foods to eat to amend deficiencies, while sticking to a budget and food preferences. *Clients love this feature!*
- Personalized ‘homework’ plan. The focus of the homework is for the client to take ownership of their own health, nutrition and weight. It provides the foundation for better grocery shopping, effective meal planning and creating a healthy relationship with food.
- 6 months of Sheila Amir’s nutrition newsletter

Take charge of your health, in a healthful way, today!



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Casper Family Aquatic Center

1801 East 4th Street
(307) 235-8383
www.casperwy.gov

The Casper Family Aquatic Center is the only indoor aquatics facility of its kind in Casper offering a number of amenities; including a recreational pool with water features, a lazy river, water slide, hot tub and a lap pool. Swimming lessons and water exercise classes are available, as well as daily open swim times. All classes are a separate fee from the yearly membership. Class prices vary and are discounted to pass holders. **The corporate rate offered includes:**

15% discount off individual and family passes

The annual dues are:

- Adult, Age 19+: \$178.50 (Regular \$210/year)
- Youth, Ages 13-18: \$136.00 (Regular \$160)
- Child, Ages 5-12: \$93.50 (Regular \$110)

Three and six month passes are also available, as well as multi-facility discount passes that include the Aquatics Center, Ice Arena and Recreation Center. Seasonal class schedules are posted on the City of Casper's website, www.casperwy.gov.

15% discount extends to family members who live at the same address (Employee does not need to be a member in this instance)



Center for New Life

Oleta Thomas, CMT
3251 Brookview Drive
(307) 237-9676

The corporate rate offered includes *\$30.00 off a series of four massage treatments when paid for in advance. Nutrition consultations are \$35.00 per hour.* The Center for New Life is an establishment that specializes in therapeutic massage and alternative eating to improve health. The nutritional aspect emphasizes vegan nutrition as an alternative to drugs in an effort to prevent illnesses, nourish and cleanse the body. Therapeutic massage is used to increase circulation and relaxation, reduce stress and loosen tight muscles.

Many different types of massage you may choose from:

- Swedish Massage
- Sports Massage
- Acupressure
- Foot Reflexology

Other services offered:

- Diet, Stress & Addictive Guidance
- Natural Weight Control

Weekday, evening and Saturday appointments available, call today to schedule. *Helping Nature Heal You!*



Rejuvenate Therapeutic Massage

Craig Cohee, C.M.T
(307) 262-9905
www.rejuvenatemassagewyo.com

The corporate rate offered includes \$10.00 off all massage, lymphatic drainage and rain drop treatments.

Many different types of massage you may choose from:

- Swedish Massage
- Australian Deep Tissue Massage
- Sports Massage
- Pre/Post Natal and Pregnancy Massage
- Myofascial Release
- Reflexology (foot/hand massage)
- Reiki (upon request)

Other services offered:

- Hot Stone Therapy
- Aromatherapy
- Vascular Wraps
- Lymphatic Drainage
- Sinus Drainage/Sinus Headache Relief
- Rain Drop Therapy

Relax the muscles, relieve stress, boost your immune system! Call for pricing and for an appointment today!



Casper Ice Arena

1801 East 4th Street
(307) 235-8484
www.casperwy.gov

The Casper Ice Arena is the only ice skating facility in town. They provide classes in basic skating skills, figure skating, adult skating and hockey. They also have open skate times available. Class cost is separate from yearly membership and prices vary. **The corporate rate offered includes:**

15% discount off individual and family passes,

The annual dues are:

- Adult, Ages 19+: \$72.25 (Regular \$85/year)
- Youth, Ages 13-18: \$55.25 (Regular \$65/year)
- Child, Ages 5-12: \$42.50 (Regular \$50/year)

Multi-facility discount passes are also available and include the Aquatics Center, Ice Arena and Recreation Center. Seasonal class schedules are posted on the City of Casper's website, www.casperwy.gov.

15% discount extends to family members who live at the same address (Employee does not need to be a member in this instance)



Casper Recreation Center

1801 East 4th Street
(307) 235-8383
www.casperwy.gov

The Casper Recreation Center has a wide variety of amenities and provides for a range of fitness activities including basketball, volleyball, racquetball, walleyball, weight training, cardio fitness and more. They also offer a large selection of fitness classes including aerobics, dance, gymnastics, martial arts, Pilates and Yoga. Classes are separate from the yearly membership. Class prices vary. **The corporate rate offered includes:**

15% discount off individual and family passes,

The annual dues are:

- Adult, Ages 19+: \$63.75 (Regular \$75/year)
- Youth, Ages 13-18: \$46.75 (Regular \$55/year)
- Child, Ages 5-12: \$34.00 (Regular \$40/year)

Multi-facility discount passes are also available and include the Aquatics Center, Ice Arena and Recreation Center. Seasonal class schedules are posted on the City of Casper's website, www.casperwy.gov.

15% discount extends to family members who live at the same address.

Massage Therapy And Nutrition Consultation Corporate Rates



YMCA

315 East 15th Street
(307) 234-9187

www.casperfamilyymca.org



The Casper Family YMCA is a multifunctional facility featuring a variety of family and youth activities, with amenities such as cardio and weight training equipment, courts for racquetball, walleyball, and basketball, an indoor walking/running track and an indoor swimming pool. The YMCA also offers personal training and a variety of fitness classes including aerobics, yoga, cycling and water exercise. Classes are part of the regular membership. Classes are available to non-members at a rate of \$25 per session (a session is one month) per class. **The corporate rate offered includes:**

10% discount on memberships and the initial fee is waived.

The monthly dues are:

- Adults (18 and over): \$35.10
- Adult Couple: \$45.00
- College Student: \$25.20 (Must show ID and proof of full-time status - at least 12 credit hours)
- Family (2 adults): \$48.60 (not required to be married and children in the household under 18 and FT college students living at home)
- Senior (55+): \$26.10
- Senior Couple: \$30.60 (One person in the couple needs to be at least 55+)
- Single Parent Family 1 Child: \$36.00
- Single Parent Family 2+ Children: \$38.70

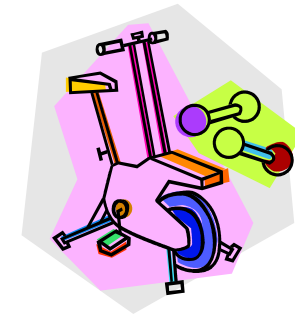
Curves

2612 E. 3rd Street
(307) 472-CURV (2878)

www.curves.com

Curves is a nationally recognized facility for women only that utilizes a 30-minute total body circuit workout focusing on increased muscle strength, muscle toning and cardiovascular health. Curves also provides free weight loss classes for all members. Join Curves and experience their latest, state of the art, SMART Equipment! **The corporate rate offered includes:**

- $\frac{1}{2}$ off of the initial service fee.
- \$34/month



Fitness One

5050 East 2nd
Casper, WY 82601
(307) 265-1114

www.fitnessoneclubs.com



Fitness One is guaranteed to help you get the most out of your workout. Whether you have never set foot in a gym or you are a fitness superstar, you will feel at home at Fitness One. Try Fitness One risk-free with their month to month contracts.

- 24-HOUR ACCESS
- Month to Month, no long term contracts
- All Brand New, State-of-the-Art equipment
- A variety of Cardio Equipment with Flat-Screen TV's
- 4 Full Circuits
- Huge Free-Weight and Plate-loaded section
- Aerobics classes including Zumba, Pilates, Spinning, Hip Hop Abs, Boot Camp, Kickboxing and more
- Luxurious locker rooms with cedar saunas
- 24 Hour Women's Only Workout Area
- Personal Training
- Full Service Tanning Salon
- Aqua massage
- 24 Hour Cycling Movie Theater
- Smoothie Bar
- Complete Line of Sports Supplements

The corporate rate offered includes:

- Single: \$29.95/month
 - Add a spouse: \$19.95 (totaling 49.90/month)
 - Add a child (12 and up only): \$9.95 (totaling \$59.85)
- See Management for a family of four or more.*

Wyoming Athletic Club

East Location
455 Thelma Drive
(307) 265-6928

www.wyomingathleticclub.com

West Location
3920 S. Popular
(307)234-4241

The Wyoming Athletic Club is a full service facility in two different locations. They have 80 staff members to help you achieve your fitness goals. They offer a variety of services, including cardio and weight training equipment, indoor swimming pools, basketball courts, racquetball and indoor tennis courts. The club also offers personal training, weight loss programs, massage, tanning, group fitness and karate. The group fitness classes are part of your membership (55 classes per week) they include Group Power, Group Ride, Group Kick, Aerobics, Yoga, Pilates and Cycling. There is a childcare facility at the east side club. **The corporate rate offered includes:**

- Single: \$44.00
- Couple: \$60.00
- Family: \$72.00 (family constitutes as husband and wife and two kids under age 22)

There is a one-time initiation fee:

- Single: \$25.00
- Couple: \$50.00
- Family: \$100.00

Before committing to a membership, try out the facility one week for free. Call for more details.

The Flex Complex

523 S. Center Street
(307) 237-1793
www.theflexcomplex.com/index.html

The Flex Complex is a 24-hour weight and cardio training workout facility that allows workout flexibility any time of the day and night.

The monthly dues include:

- Single: \$14.99
- Family: \$25.00
(Four individuals living at the same address)

Additional discounts are offered for membership commitments of 6 months and 1-year:

6 months

- Single: \$100.00
- Family: \$140.00
(Four individuals living at the same address)

1-year

- Single: \$180.00
- Family: \$265.00
(Four individuals living at the same address)



Healthy Life Studio

235 S. David
(307) 472-1962
www.healthylifestudio.com



The Healthy Life Studio's mission is to cultivate a community where Casper-area residents can explore yoga, meditation, mind-body coaching, and other bodyworks. Each of their instructors are certified in their respective fields and enjoy offering new and holistic experiences for people seeking mind-body health and personal development. Each class strives to create an open, welcoming and nurturing atmosphere where everyone can strengthen and transform body, mind, and spirit. With an in-depth and supportive atmosphere, Healthy Life Studio provides services that will help you move toward internal peace, happiness, love, grace, and overall health. **The corporate rate offered includes:**

- \$60.00 per month
- Month-to-month
- Electronic Funds Transfer (withdrawn from the account of client choice)
- There is no sign-up fee or cancellation fee

Each membership includes unlimited attendance to classes, invitation to VIP events, and 10% off studio services, workshops, products, etc. The studio also offers other options to fit any budget, from drop-in rates to five-class passes. Call for more details.

Mixed Martial Arts

4155 Legion Lane, Unit #2

(307) 259-0346 or (307) 251-7850

Check us out on Facebook at Casper Boxing Club

Mixed Martial Arts studio offers classes in boxing, sparring and mixed martial arts. With trainers certified specifically in martial arts, you will be sure to gain the most from each class! If you are looking to learn self defense, to compete in the ring or to just have a fun workout, this facility is the one for you. Mixed Martial Arts is the only USA Boxing Certified training facility in Casper. **The corporate rate offered includes:**

- waive the initial \$25.00 fee

The monthly dues include:

- First month is \$75.00 (*covers 1-year of insurance*)
- \$25.00 a month *after* the first month

Call for classes and class times. Private lessons are available if you are interested.



Lifetime Health and Fitness

300 Landmark Drive

(307) 473-2582

www.LifetimeHealthAndFitness.com

Lifetime Health and Fitness is a locally owned and operated full service health club featuring cardio and weight training equipment, courts for racquetball, walleyball & squash, indoor walking/running track, 2 swimming pools and golf facilities, a "Women's Only" workout area and personal training. Lifetime also offers a variety of group fitness classes including Red Hot Yoga, Pilates, Cycling and many more, over 325+ classes a month. Group fitness classes are included as part of each membership. **The corporate rate offered includes:**

- 50% discount on the \$150.00 initiation fee.

The monthly dues include:

- Single: \$53.00
- Couple: \$74.00
- Family of three (3): \$87.00
- ***Families of more than three pay an extra \$13 per month per family member***

